

Name _____ Coach _____ Date ____/____/____

Personal VISION: Introduce yourself as one who has already achieved the vision. "I am . . ."

"WHY?" What valued outcome is served by fulfilling your vision—powerful enough for you to take the necessary steps?

ACTIONS I will take to achieve my vision If considering more than one area, take them on *one at a time*.

Exercise Increasing activity AHA/ACSM/CDC guidelines Beyond AHA/ACSM/CDC
Action steps

Nutrition USDA guidelines Harvard, DASH, or MIND guidelines Vegan _____
Action steps

Sleep, Rest 7-9 hours, and regular hours No screen time or exercise 2 hours before bed Avoid meals close to bedtime If possible, settle issues and unfinished business
Action steps

Relationships

Action steps

Vocation/Avocation

Action steps

Spiritual

Action steps

Signature _____ Date ____/____/____